

7 FACTS ABOUT ANXIETY

THAT WILL CHANGE THE WAY YOU THINK

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ANXIETY.....

What is it?

Why have we been thinking about anxiety all wrong?

How do we think about it differently?

FACT #1

Anxiety is a LIAR

FACT #1 EXAMPLES

Irrational Thought:

I am Stupid.

Rational Fact with Evidence:

I know I am good at science. I know I have made smart decisions in my life such as starting my own business. I have things that I want to improve upon but that does not make me stupid. Just because I feel stupid, does not mean I am stupid.

Irrational Thought:

Everyone is Judging Me.

Rational Fact with Evidence:

If I am worried about others judging me, it's possible that others are not thinking about me but also worried about others judging them. I have no evidence that people are judging me (no one has said anything rude to me or made a nasty comment to me). People have told me that I am funny and great to be around.

Irrational Thought:

Everything's a mess and it's not going to get better.

Rational Fact with Evidence:

Not everything is a mess, some things are going okay. It's practically impossible for nothing to ever get better. Things will change and that change will come with good and bad things.

FACT #2

Anxiety Tricks Us Into Thinking It's
Positive

FACT #2 EXAMPLE

Anxious Thought:

If I don't worry about this and think of all the worst-case scenarios and talk about it to everyone I know, then I won't be prepared.

Affirmation:

My anxiety is not protecting me, it's only hurting me.

FACT #3

Anxiety is Not Based in the Present

FACT #3

COMMON GROUNDING TECHNIQUES

Splashing cold water on your face

Going for a quick walk and breathing in fresh air

Closing your eyes and focusing on listening to your surroundings

Counting backwards from 100 by 7 (or 6 or 5, etc.)

Visualizing your favorite place

Holding something cold in your hands (like a piece of ice)

Eating something sour

FACT #4

When Anxiety is Above an 8,
Just Distract Yourself

FACT #4 EXAMPLES

Indications that you, or someone you know are about an 8 on the anxiety scale:

You are struggling to listen to what anyone else is saying to you

People who are "trying to calm you down" are just annoying and making you angry

Your heartrate is through the roof

You have shallow breathing

You are having trouble thinking about anything besides what is making you anxious

FACT #5

Focusing on Your Anxiety Only
Makes it Worse

FACT #5 EXAMPLE

Recognize that this is DIFFERENT than identifying anxious or irrational thoughts and counteracting them...

Being on the merry-go-round is more like:

I'm worried that no one at the party liked me last night and what if they're talking about me and I did tell that joke that only one person laughed at so maybe they're all judging me and oh my gosh, did I have food in my teeth last night? Why didn't anyone tell me I had food in my teeth? Maybe I need to call everyone at the party last night just to see if they act weird towards me and if I can tell if they're judging me...

FACT #6

Anxiety Never Shows up to the
Party Alone

FACT #7

You are NOT your Anxiety

THANK YOU!



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